

FARMINGTON GREEN EFFORTS



MESSAGE FROM THE CHAIR

Hello and Happy Fall!

We hope you found our last newsletter helpful and informative—and we're trying to continue that trend. The past six months have gone quickly: the holidays and the end of 2019 are coming fast. We wanted to focus this newsletter on suggestions for actions you can take in order to reduce your environmental footprint, during the holidays. From ideas for gifts and increasing recycling of items commonly used during the holidays, to food preparation ideas and shopping locally, inside this newsletter you'll find helpful tips that you can incorporate into your holiday plans.

Green Efforts has had a busy year. In April, we hosted the 22nd Annual Green Efforts clean up day and ebm-papst once again won business category for the heaviest haul competition, with over 737 pounds of trash collected. Town-wide, we collected 2,877 pounds of trash. Save the date of April 25, 2020, for next year's cleanup day!

Many of you attended the informative recycling presentation in September, with guest speaker, Sherrill Baldwin of the Connecticut Department of Energy & Environmental Protection. If you missed it, check out the helpful "What's In/What's Out" infographic on the back of this newsletter, and go to www.RecycleCT.com to help you figure out what can go in your curbside recycling bin.

We wish you a happy Fall, happy holiday season, and look forward to continuing our Green Efforts in 2020. As always, we look forward to hearing from you about what you think Green Efforts should be doing to help our environment.

Best,

Patti Boye-Williams

Chair, Farmington Green Efforts Commission
boye-williamsp@farmington-ct.org



**Free Curbside
Textile Recycling
Coming 12/9/19!**

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Curbside Textile Recycling Service Launches in Farmington 12/9/19!



The Town of Farmington is excited to announce that we are expanding our recycling program to include textiles! Beginning on **December 9, 2019**, Farmington residents who participate in the municipal waste/recycling program, through the Town, will be able to recycle old clothing, sheets, and towels, regardless of condition, and small household items, simply by bagging them in designated bags, and leaving them at the curb on their regular recycling collection day. Farmington is providing the new service in partnership with Simple Recycling. The service is free to residents and the Town of Farmington.

According to the US Environmental Protection Agency (EPA), more than 84% of old clothes, shoes, belts, handbags, and textile items end up in a landfill or an incinerator. On average, that works out to about 85 lbs. of textile items, per person, each year. As a result, textiles make up more than 6% of all the residential and municipal trash in the US.

Simple Recycling (www.simpler recycling.com) aims to change all that. The company provides free curbside collection and recycling of unwanted textiles and housewares to communities across the United States. Currently, Simple Recycling serves nearly two million households, across eight states, and will soon be serving residents here in Farmington.

In the weeks before the program's December 9, 2019 launch date, Simple Recycling will send informational mailers to homes that receive recycling collection from Farmington. The mailers will contain free Simple Recycling bags.

ITEMS THAT ARE ACCEPTABLE FOR SIMPLE RECYCLING COLLECTION...

- Men's Clothing
- Children's Clothing
- Women's Clothing
- Boots & Shoes
- Bedding (sheets, pillow cases, blankets, comforters)
- Belts & Ties
- Books
- Bras
- Coats & Jackets
- Fashion Accessories
- Handbags & Purses
- Hats & Gloves
- Kitchenware
- Linens
- Pillows
- Sandals & Slippers (in pairs)
- Socks (single or in pairs)
- Stuffed Animals
- Table Linens
- Tools
- Towels
- Toys
- Undergarments



Items we CANNOT collect include: Appliances, Furniture, Tires, Paint, Carpeting, Mattresses, Traditional Recyclables (metal, glass, paper), Hazardous Waste.

Curbside Textile Recycling Service Launches in Farmington 12/9/19!

When cleaning out closets or disposing of unwanted items, residents can place them in the bags. If a resident doesn't have enough bags, then it's OK to use regular trash bags that are clearly marked for Simple Recycling. Residents can then place the bags at the curb on their normal recycling collection day. Simple Recycling's trucks will pick them up, free of charge.

The company will accept a wide range of used textiles and small household items. The list of accepted items includes all types of used or new clothing, boots and shoes, belts and ties, handbags, hats and gloves, toys, towels, sheets and blankets, small kitchen appliances, and more. The Simple Recycling service is not meant to compete with local charities. Its purpose is to provide a convenient, curbside collection option for residents who want it. Ultimately, it's about keeping those items out of the trash.

For more information about the Simple Recycling program, residents can visit: www.simplerecycling.com and www.farmington-ct.org.

GREEN IN THE LUNCHROOM

Chartwells, the Farmington School system's contractor for food services is making steady progress to be more green in the lunchroom. Chartwells is purchasing as much local produce as they can from our New England Farms, and displaying them in all of our schools in Farmington. They are receiving crops until the end of the harvest, and they have a surplus of flash frozen locally grown produce, which can be use through out our school year. Buying locally can reduce our carbon foot print by reducing our freight and the long traveling distance and minimizing the handling of our products. They are also buying milk from Connecticut Farms.

Styrofoam is very environmentally unfriendly. Noah Wallace is now foam free and serving on a re-usable lunch tray. This change will eliminate up to 13,000 foam lunch trays a school year at Noah Wallace. Chartwells is working on extending this to all of the elementary schools as well as IAR Middle School.



simplerecycling
A convenient curbside collection program for pre-loved clothing, shoes & accessories

85% OF ALL CLOTHING ENDS UP IN LANDFILLS, ONLY 15% GETS RECYCLED OR DONATED

STEP 1 Place this bag in your closet and fill it with clothing & shoes

STEP 2 Set your bag out on your regular collection day by 7:30 am

STEP 3 Our friendly drivers will pick up your bags and leave replacement bags behind

FOOD FOR THOUGHT AT THE HOLIDAY DINNER TABLE

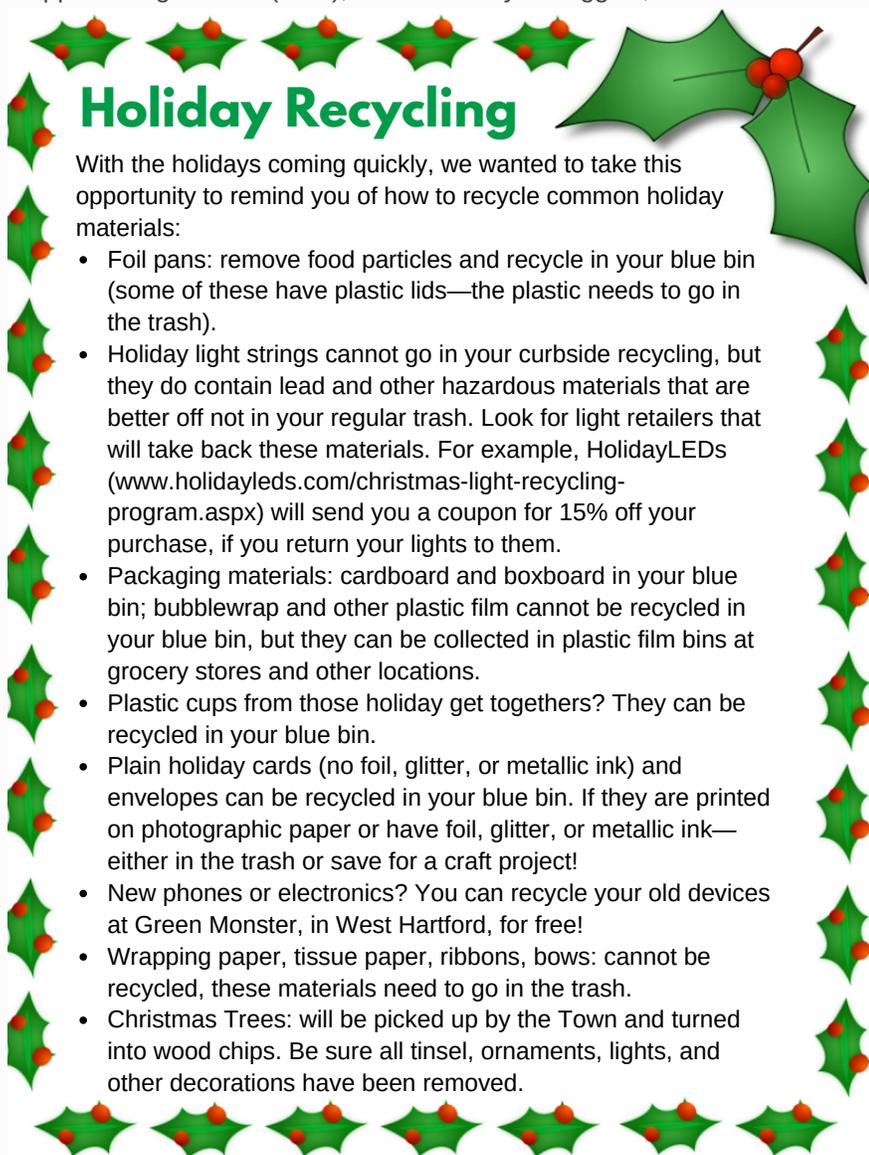
As we enter the season of Thanksgiving, our thoughts turn to enjoying the bounty provided from our local farms. While preparing your menu for Thanksgiving, or any of the upcoming holidays, thinking about the environmental impact of your choices can be challenging. But, finding fresh, sustainably grown foods is easier than ever. One consideration for a meal, is to replace the meat with vegetables, grains and fruit. Here are some benefits to going meatless this season:

Your waistline - Fruits, whole grains, nutrient-dense vegetables, and plant-based proteins can help decrease weight gain.

Healthier choices for kids - Children have earned a reputation for being finicky eaters, but the bright colors of seasonal veggies will appeal to even the pickiest eater.

Reduce food waste - Not everyone loves leftovers, but for those who do, vegetables stay good for 1 to 2 weeks, compared to poultry's brief 3 to 4 day shelf life. You can also compost veggie scraps, which is eco-friendlier than tossing non-biodegradable meat into the garbage.

Support our local economy - Many local farms provide Community Supported Agriculture (CSA), home delivery of veggies, or farm stands.



Holiday Recycling

With the holidays coming quickly, we wanted to take this opportunity to remind you of how to recycle common holiday materials:

- Foil pans: remove food particles and recycle in your blue bin (some of these have plastic lids—the plastic needs to go in the trash).
- Holiday light strings cannot go in your curbside recycling, but they do contain lead and other hazardous materials that are better off not in your regular trash. Look for light retailers that will take back these materials. For example, HolidayLEDs (www.holidayleds.com/christmas-light-recycling-program.aspx) will send you a coupon for 15% off your purchase, if you return your lights to them.
- Packaging materials: cardboard and boxboard in your blue bin; bubblewrap and other plastic film cannot be recycled in your blue bin, but they can be collected in plastic film bins at grocery stores and other locations.
- Plastic cups from those holiday get togethers? They can be recycled in your blue bin.
- Plain holiday cards (no foil, glitter, or metallic ink) and envelopes can be recycled in your blue bin. If they are printed on photographic paper or have foil, glitter, or metallic ink—either in the trash or save for a craft project!
- New phones or electronics? You can recycle your old devices at Green Monster, in West Hartford, for free!
- Wrapping paper, tissue paper, ribbons, bows: cannot be recycled, these materials need to go in the trash.
- Christmas Trees: will be picked up by the Town and turned into wood chips. Be sure all tinsel, ornaments, lights, and other decorations have been removed.



FIND YOUR FOOD IN FARMINGTON

- **Farmington Farm Truck** - A mobile farmer's market offering fresh produce, at various locations. Check out their schedule at: <https://farmingtonfarmtruck.farm/>.
- **Jillybean's Farm Stand, 172 Scott Swamp Road** - Open daily 11 - 5, through 11/27/19. <http://www.jillybeansfarmstand.com/>.
- **Sub-Edge Farm, 199 Town Farm Road** - Certified Organic produce and pasture-raised meats. <https://www.subedgefarm.com/>.

Consider the gift of fresh, local, healthy food this holiday season, with a subscription to a Community Supported Agriculture (CSA) program. In exchange for payment upfront, CSA members receive a summer's worth of produce from the farmer. Some have items like eggs and flowers, too. For a complete list of local farms with CSAs, visit: www.ctnofa.org/CSAs.htm.

Saturday, November 30th - Small Business Saturday!

The Farmington Valley is full of locally-owned businesses with unique gifts and experiences for everyone on your list. Locally-owned businesses employ members of the community, source locally-produced goods, and give back to community charities, resulting in economically healthy towns. This holiday season, consider locally-grown produce for your holiday meals, gift certificates to independent restaurants for co-workers and teachers, and visiting brick and mortar shops to find something perfect for loved ones.

Helpful Tips to Reduce Holiday Waste

- Select LED lights for indoor and outdoor decorating.
- Unplug everything, including holiday lights, when not in use.
- Use your toaster oven and instant pot when you can.
- Consolidate errands and map your route to save time and gas.
- Carpool with a friend or neighbor when shopping.
- Sweep more often and vacuum less frequently.
- Borrow books and movies from the library.
- Resist purchasing items, including food, in excessive packaging.
- Avoid purchasing items in packaging that cannot be recycled.
- Buy from local shops and farms.
- Bake your own rather than purchasing baked goods.
- Get creative when wrapping gifts.
- Wrap gifts in recycled and/or reused gift-wrapping paper.
- Use rechargeable batteries.
- When giving gifts that require batteries, include rechargeable batteries as part of the gift.
- Don't go overboard with holiday snacks and meals. Make and serve what guests will reasonably eat.
- Send recycled content greeting cards.
- Remember to recycle greeting cards you receive. Better yet, send electronic greeting cards.

Free, Secure Electronics Recycling



Green Monster Recycling, of West Hartford, has a zero-landfill policy and abides by the strictest guidelines set forth by the EPA to de-manufacture, sort and recycle end-of-life electronics, in the safest and most ethical manner. You can recycle anything with a cord, for free! For more information, including drop off location address, visit them at: <https://greenmonsterecycling.com>.



GREEN Resolutions for 2020

January is just around the corner! What better time to start thinking about your 2020 New Year's GREEN resolutions than now? Here are 10 ideas to get you started:

1. **Bring your own bags: CT is phasing out plastic bags.** Build those green resolution muscles (and save \$.10 every time you shop) by bringing your own bags. Some estimates put American plastic bag use at around 100 billion bags annually, and they aren't easily recycled - this is a great way to make a difference.
2. **Eat more plants: did you know that a plant-based diet has a significantly smaller environmental footprint than diets consisting of meat and dairy?** It's true! Plant-based foods produce fewer greenhouse gas emissions, less pollution, and use less water and land than meat and other animal-based foods. Not ready to go all the way veggie? Start cutting down by trying 'Meatless Mondays' or incorporate 1 or 2 all-veg meals per day. It's good for your health and the well-being of the planet: win-win!
3. **Bring your own water bottle.** No need to purchase with a refillable bottle on hand!
4. **Consider carpooling, public transportation, walking or biking if you can, instead of driving.**
5. **Get creative with reusables: bring your reusable coffee mug/thermos to your coffee shop.** If that's not possible, but you're planning to stay and enjoy your hot beverage, make sure to ask your coffee shop for a mug.
6. **Shop locally: it helps our local community, your neighbors, and leaves a smaller environmental footprint.** (Plus, perishable products like you find at farm stands and CSAs are often better and fresher!)
7. **Up your recycling game by reading up on Recycle CT "What's In and What's Out":** <http://www.recyclect.com/in-the-bin.html>.
8. **Reduce your food waste by learning about proper food storage.** Did you know that some foods should not be stored in the refrigerator, like potatoes, tomatoes, and onions? Other ways to reduce food waste are planning meals in advance, and stopping by the grocery store on your way home more frequently, rather than all at once.
9. **Use less plastic: the only thing better than recycling is not creating plastic waste to begin with!** Start by asking, "are there non-plastic options for this," and skipping the straw next time you eat out.
10. **Think about upcycling or trading things you don't need: check out the Facebook page "Buy Nothing Farmington"** which creates a space for neighbors to minimize their impact on the environment by passing along usable items they no longer need.



the **Farmington
Town
Letter**
Town Hall
Farmington, CT 06032-1053

PRSR STD
U.S. POSTAGE
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Farmington, CT
Permit #17



A Guide to Recycling

Connecticut now has a universal list of what belongs in your recycling bin and what doesn't. All items should be **empty**, **rinsed**, **clean** and **open**. Do **not** shred, box, bag or bundle.

What's **IN**?

What's **OUT**?

- PAPER**
- Cardboard & boxboard
 - Food & beverage cartons
 - Junk mail
 - Magazines & newspaper inserts
 - Newsprint
 - Office paper
 - Pizza boxes

- Gift wrap & gift bags
- Ice cream containers
- Paper cups (hot & cold)
- Shredded paper
- Take-out food containers
- Tissue paper

- GLASS**
- Beverage bottles & jars
 - Food bottles & jars

- Ceramic mugs & plates
- Drinking glasses

What's **IN**?

What's **OUT**?

- METAL**
- Aerosol containers (food grade only)
 - Aluminum foil
 - Cans & bottles
 - Foil containers
 - Metal lids from cans & bottles

- Aerosol containers (deodorizers, cleaners, pesticides, etc.)
- Foil tops from yogurt containers
- Paint cans
- Pots & pans
- Small pieces of scrap metal
- Spiral wound containers

- PLASTIC**
- Plastic bottles (with or without caps attached)
 - Plastic containers, tubs & lids
 - Plastic one-use cups (no lids, no straws)

- Loose bottle caps
- Plastic bags & wrap
- Plastic plates, bowls & utensils
- Prescription bottles
- Single-use coffee containers
- Styrofoam cups, containers & packaging peanuts
- Water filters

To learn more, go to RecycleCT.com

Thank you for recycling right!

